

**CLAIM(S):**

The embodiments of the invention in which an exclusive property or privilege is claimed, are defined as follows:

I claim:

**9. A mechanical apparatus comprising:**

a base structure covered with a motionless cushion for supporting the user's body while its wrist or ankle is engaged to a belt attached to a steel cable passing around a small pulley being engaged into an adjustable rotary part turning freely in all directions and being connected at a curved end of a vertical bar mounted of each side of one small pulley and blocked thereby a metal pin through a hole formed thereon a part member fixed to the base structure of the apparatus for adjusting the vertical bar according to the desired position, and

said steel cable extending inside said vertical bar so as to be able to turn around two small pulleys being mounted at said base structure of the apparatus and of a main large pulley fixed at a diagonal bar, and to be finally attached to a first end of an arm member and which the second end is fixed at said base structure of the apparatus; and

a spiral spring is connected approximately in middle of said arm member

7  
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and welded to a rod connected to a part member which may be moved along the perforated body member welded to said base structure and to be blocked through a hole thereby a metal pin for adjusting the tension of said spring.

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